



5. Ilmenauer Osterlauf  
Ilmenau-Heyda / 22.03.2008

Detailed evaluation

Hecht, Heike

Club: Spargelläufer Herbsleben  
Number: 181

Course: 18.50 km  
Lange Strecke

Category:  
Frauen W40

Total time: 2:11:49

Speed: 8.19 km/h  
Running performance: 7:08 min/km

Rank in course/Total: 126 (of 126)

Rank in course/Women: 17 (of 17)

Best time in course: 1:14:05

Rank in category: 6(of 6)

Best time in the category: 1:28:03